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Big Head Spirit, 1987
Frank LaPena

IT'S YOUR LIFE -- IT'S OUR FUTURE

Stop Smoking Guide

FOREWORD

The American Indian Cancer Control Project is dedicated to improving the health and lives of American Indians. This smoking cessation project came about because of concerns voiced by American Indian people in Northern California. One of the first steps in planning this project was to ask Indian leaders in Northern California what health issues they would like to pursue. Smoking cessation clearly became one of the highest priorities. This project was designed specifically to help American Indian smokers quit and remain smoke-free.

For many Indian people, tobacco is sacred -- it is burned for peace or for prayer. Smoking cigarettes is different. It becomes an addiction and is known to cause cancer, strokes, heart attacks, and lung disease. Our survey reports that Indian people in Northern California have one of the highest smoking rates of any group (up to 50% of adult Indians smoke). Cigarettes are killing our people.

A videotape entitled, "Its Your Life" was produced in conjunction with this smoking cessation guide to help you prepare to quit smoking, to quit, and to stay smoke-free. Your local Indian health clinic staff and Community Health Representatives (CHR) have been trained to assist you in your efforts to quit smoking.

ACKNOWLEDGEMENTS

This self-help guide was made by American Indians for Indians in Northern California. This work represents a group endeavor, maximizing various talents and skills. We hope you find the guide helpful in your efforts to quit smoking.

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Cover art donated by Frank LaPena (*Wintu*), courtesy of the American Indian Contemporary Arts, San Francisco, California.



Lowie Museum of Anthropology, The University of California at Berkeley

PLANNING TO QUIT

YOU'LL BE GLAD YOU DECIDED TO QUIT SMOKING WHEN YOU SEE THESE FACTS ABOUT CIGARETTE SMOKING!

- Cigarette smoke contains more than 4,000 chemicals, 200 of these chemicals are **poisonous**, for example,
 - Formaldehyde: used to pickle dead bodies;
 - Hydrogen cyanide: used to kill people in the gas chamber;
 - Carbon monoxide: gas contained in car exhaust;
 - Nicotine: used as an insecticide. The nicotine in a single pack of cigarettes will kill you if taken all at one time.
- Smoking 2 packs of cigarettes a day takes 8 years off your life. Even light smokers, who smoke 2-9 cigarettes daily, shorten their lives by 4 years.
- Indians are twice as likely to **die** from smoking!
- 5% of Indians who have lung cancer will survive, which is the **lowest** survival rate for any group in the country.
- Nearly all people who **die of** lung cancer or throat cancer or emphysema are smokers.
- Smoking **causes** the following types of cancer:
 - lung - bladder - stomach
 - larynx - kidney - cervix

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- Women who smoke when they are pregnant take a **big risk**. Their babies may be:
 - born very small,
 - born prematurely,
 - at **higher** risk of Sudden Infant Death Syndrome (crib death).
 - Children who are around tobacco smoke have **more**:
 - coughs and colds than other kids,
 - middle ear infections,
 - asthma and allergies,
 - pneumonia and lung disease.And they **may**:
 - have lower weight and slower development.
 - get cancer from the smoke.
 - Children **learn how to smoke** if their parents smoke. Then *they* get addicted.
 - Cancers caused by smoking cigarettes are expected to **rise** among our young people due to heavy smoking and use of smokeless tobacco.

The only good thing about cigarette smoking is what happens when you quit. Read on . . .

WHEN YOU QUIT SMOKING...

some of the harmful effects of smoking on the body get better.

- On the **1st** day, your lungs will work better.
- In the **1st** week, you will start to cut your risk of heart attacks and strokes by about 65%.
- In the **1st** year, your chance of getting cancer is reduced by about 90%.
- Your family will breathe cleaner air.
- You'll be a good role model for your kids and grandchildren.

- You'll have a better chance of living to see your grandchildren grow up.
- You'll save the money you usually spend on cigarettes. See the chart below.

*How much do you spend on cigarettes?**

	If you smoke this much per day...		
What it costs you each:	<u>1 Pack</u>	<u>2 Packs</u>	<u>3 Packs</u>
Day	\$2.00	\$4.00	\$6.00
Week	\$14.00	\$28.00	\$42.00
Month	\$60.00	\$120.00	\$180.00
<u>Year</u>	<u>\$730.00</u>	<u>\$1,460.00</u>	<u>\$2,190.00</u>

*Based on \$2.00 per pack.



What happens if your family and friends all smoke, and think you are crazy to try and quit? Don't argue with them. Tell them quietly that this is something you need to do for yourself.

PLANNING TO QUIT

Many of our Indian people have quit smoking. And many of them did it without any help. They just made up their minds and said, "That's it! No more cigarettes."

If you can quit like that, do it! Then read the section called "Staying Free."

For most people it's a good idea to spend one or two days getting ready to quit.

1. **Decide on a date** when you will quit. The important thing is for you to pick the date -- not your doctor, not your family, not your kids. It's your decision.
2. **Tell your family and friends that you are quitting.** Once you have told people you are going to quit, it will be harder for you to change your mind!
3. **Make your home smokefree.** Declare a policy of no smoking in your home.
4. **Get help.** Ask someone to quit with you. The best choice is someone who will quit at the same time. Ask a friend or relative who doesn't smoke to be your support, and to be there when you need someone to talk to.





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GET READY AND QUIT

GET READY . . .

I. The Turtle



1. Cut Down

Slowly cut down on the amount you smoke. You can do it in one of these ways:

- Smoke your first cigarette later in the day.
- Only smoke 3/4 of each cigarette, then 1/2 of each cigarette, then 1/4.
- Only smoke once an hour - then every two hours, then every three, four or five.

2. Change your habits

When you change the way you smoke, you will start to break the habit. Here are some ways to do it:

- Change brands every time you buy a pack.
- Change your smoking habits. If you sit down while smoking -- stand up. If you smoke after eating -- brush your teeth, take a walk, or drink a glass of water.
- Don't buy cartons of cigarettes. Buy one pack at a time (if you have to buy cigarettes).

- Practice going without cigarettes. If you go somewhere, leave your cigarettes at home.

3. Condition yourself physically

- Take a walk every day.
- Drink more fluids.
- Get more rest.
- Get active and jog or swim.
- Join an aerobics class.
- Play basketball, baseball, or other sport.
- Take up a hobby.

4. Condition yourself mentally

- Join a support group (see RESOURCES).
- Make some bets with yourself or family and friends.


... OR JUST QUIT!

II. Cold Turkey



Cold turkey means...

Stop smoking right now!

Try to go a couple of days or a week without smoking. If you start smoking again --  !

STOP COLD TURKEY EVERY DAY
IF YOU HAVE TO!

I see strength not to be greater
than my brother, but to fight my
greatest enemy -- myself... So
when life fades, as the fading
sunset, my spirit may come to
you [Great Spirit] without
shame.

(Anonymous)

THE DAY BEFORE

Tomorrow will be one of the most important days in your life. You will be free!

Here are some things you can do to get ready:

Buy things to eat to replace cigarettes. Get foods that don't have a lot of calories, like fruit, vegetables, popcorn, hard candy, peppermints, and chewing gum in different flavors.

Make plans that will keep you busy tomorrow.

Arrange to spend time with people who don't smoke. Keep busy.

Before you go to bed tonight there are a few more important things to do:

1. Throw out your ashtrays.

Declare your home smoke-free. From this moment on, don't smoke in your home and don't allow anyone else to smoke in your home.

2. Throw away all your cigarettes except one.

Wet them and mash them up, so you won't be tempted to dig them out of the garbage.

3. Smoke your last cigarette.

Look at yourself in the mirror while you smoke it. You'll never see yourself like that again!

THE BIG DAY

Whether you spent some time getting your mind and body ready to quit or will quit Cold Turkey,

**YOU HAVE ALREADY
REACHED A MILESTONE
BY REALIZING THAT
CIGARETTE SMOKING IS
HARMFUL TO YOU AND
TO THOSE AROUND YOU
-- AND BY MAKING
TODAY THE DAY YOU
STOP SMOKING.**

THINGS TO KNOW:

- Don't worry if you have a cough, dry mouth, or a sore throat. Coughing means recovery and is caused by an increase in the lung's ability to remove phlegm. Try sipping cold water, fruit juice, or tea, or suck on hard candy.
- You may feel nervous and grouchy but remember that withdrawal from nicotine is only temporary. The next page has some ways to cope with withdrawal symptoms.
- Nicotine is a stimulant so when you aren't smoking anymore, you may feel tired. Take naps.

THINGS THAT CAN'T HURT

- Do a small ceremony for yourself. Say aloud the reasons why you're quitting.
- Say a small prayer -- ask for courage and strength.
- Do something special for yourself today, you deserve it!

COPING WITH WITHDRAWAL

After you quit smoking you may have "withdrawal have a headache, or a cough. The main symptom is to smoke will get shorter and weaker.

Here are some ways to help you cope with

1. Put something in your mouth:

- Chew gum, eat raisins or sunflower seeds.
- Cut a drinking straw into pieces, and inhale through them, as if you are smoking.
- Use a mouthwash, or squirt your mouth with a breath spray.
- Sip water, juice or tea.

2. Change your routine:

- Get up and walk around after meals instead of sitting at the table.
 - If you feel very sleepy, take a nap.
 - Try to stay away from places where people smoke, especially if there is alcohol around. (Even one drink can weaken your willpower.)
-

symptoms" for a few days. You may feel sleepy, dizzy, that you will want to smoke! But every day, the urges

those urges:

3. Breathe deeply:

- When you feel an urge to smoke, breathe in. Hold your breath while you count silently to five; then breathe out.
- Sing!
- Walk fast enough to make your lungs do some work. And feel how much stronger they are.

4. Stay active:

- Spend more time on a hobby.
- Work in the garden, on your car, or in the kitchen.

5. Talk to someone:

- Talk to your spouse, a friend, or any other support person or group about how you are feeling.

NATIVE SPIRIT

My spirit is with the earth
With the mountains
With the waters
With the trees

Strength flows from my spirit
Through my heart
Through my body
Through my family

Native Spirit
Give me strength

F. Hodge (*Wailaki*)



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STAYING FREE

"You know, things have really been going up and down for me, and I find myself kind of falling back into the same pattern... I just got to keep bucking like the salmon out there in the river, and we'll get it right."

("W", *Pit River/Maidu*)

"I think if a person slips, slides -- as long as they keep praying, they keep trying, they'll get there."

("J", *Maidu*)

STAYING FREE

Soon your body won't feel addicted any more, but you may still have trouble from your mind. You may start to think, "I'm not hooked any more. I could have just one."

That's not true. You were *addicted* to nicotine. If you decide to smoke one cigarette, it will lead to another. Then another. Then another.

Take it one day at a time! And for at least one whole year, watch out for the three things that can make people go back to smoking:

- **Pressure from family and friends**
- **Stress**
- **Weight gain**

What can you do to remain smoke-free? The next few pages have some ideas on coping with pressure, stress and weight gain.

PRESSURE FROM FAMILY/FRIENDS

People who still smoke may tempt you to smoke again. Perhaps they may not realize how tempting it may be for you to start smoking again.

You have worked hard to quit smoking. And you have to work hard to stay smoke-free.

Tell your family and friends that you cannot be tempted to smoke cigarettes. Ask them not to smoke around you -- and not to offer you cigarettes.

Or, when you know you are going to meet smokers, prepare what you will say to them. Practice saying,

"No thanks, I've quit!"

COPING WITH STRESS

- ☐ Did you always reach for a cigarette when you were under stress?
- ☒ *For a few weeks, try to avoid stress.*
- ☐ Are there certain people that always make you mad?
- ☒ *Try to avoid these people when you first stop smoking.*
- ☐ Do you get too excited playing bingo, or watching a football game, etc?
- ☒ *Don't do stressful activities for a couple of weeks.*

If you can't help feeling stress sometimes, these things will help:

- Take a walk -- even a 5 minute walk can help calm you down.
- Talk to someone about what is bothering you.
- Breathe in deeply. Hold your breath for a few seconds, then breathe out slowly. Repeat 4 times.
- Sit quietly in a soft chair for 15 minutes. Let your muscles go limp, and think of a soothing scene.
- Listen to soft music.

CONTROLLING YOUR WEIGHT

Most people put on 5 - 10 pounds when they stop smoking, because their digestion is working better. They enjoy food more because they can smell and taste better. But you don't have to blow up like a balloon.

There's one easy word to remember: "FAT"!

IT'S EATING FAT THAT MAKES YOU FAT.

Cut down on the fat, and use up calories by exercising, and you won't need to go on a diet.

- Don't eat fried food, or only take one serving.
- Cut fat off meat, and cook it without extra fat. Take skin off chicken before cooking.
- Don't add butter or other fat to vegetables.
- When you shop, compare labels. Buy the brand with the fewest grams of fat.
- Eat low-fat or non-fat cheese, milk or yogurt.
- When you do eat high-fat food -- eat less!

Don't starve! You can eat plenty of food that's not high in fat.

- For main meals, eat fish (not fried), chicken (without the skin), noodles, corn, beans, rice.
- Eat all the potatoes and other vegetables you want (without fat or butter).
- Eat fruit for dessert.
- Keep plenty of low-fat snacks ready for when you want them: fruit, vegetables, bread, rolls, bagels, pretzels, bread sticks, flat bread, pita bread, popcorn, instant lunch noodles, chicken soup.
- If you have a craving for something sweet, suck a hard candy.

Exercise!

It's hard to control weight without exercise. Try and walk as much as you can every day. If walking is boring for you, and you are healthy try running, swimming, riding a bike, or working in your garden. Or play games like basketball or volleyball.

SLIP UP?

If you do slip up and smoke, don't feel that you have failed. Start out again the next day as an ex-smoker.

1. Learn from your slip.

- Be aware of what caused you to smoke. Decide now how you'll cope with it when it comes up again.
- Plan ahead. If that situation comes up again, plan how you'll avoid temptation. Don't get taken by surprise.

2. Know that most relapses occur in the first week to 3 months after quitting. Withdrawal symptoms are strongest and your body is still dependent on nicotine. Use all of your willpower, family, and friends to get you through this critical period successfully.

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3. **Realize that most former smokers did not quit smoking on their first try.**
4. **Do something.** If you suddenly get a strong urge to smoke:
- walk
 - eat
 - breathe deeply
 - talk to a friend
 - sing
 - anything is better than smoking again.

You've worked hard to quit smoking. You don't want to go through it all again!

**YOU CAN DO IT -- FOR YOURSELF,
FOR YOUR FAMILY, FOR YOUR COMMUNITY.**

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RESOURCES

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